

KA KILANMET
PYNEHRNGIEW



U MAWKORDOR KA JINGIM

DA

U SENGLEM A KURBAH

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**KA KILANMET**

# **PYNEHRNGIEW**

*U MAWKORDOR KA JINGIM*

**DA**

**U SENGLEM A KURBAH**

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## **THE MAIN THEME OF THE BOOK**

*What more can be written or said about physical education or physical exercise that has not already been said. It is a subject that has been discussed, practised and researched on for ages and we feel that no more can be said on it. The author has put down data collected through personal experience and research. What has been compiled in this book is the result of this extensive study.*

*This book has been brought out not for any monetary gain or for self advertisement but more as a contribution towards society and especially aimed at the youth, to attract their attention towards good health and physical fitness and divert their attention away from the lure of alcohol, drugs and other temptations.*

*Historically we may not have seen authors from the Khasi Society writing about this subject which is also a part of the social development for physical and mental fitness. It is the deep desire of the author through this book to awaken the Khasi Society into seeing the benefits of being physically fit and mentally strong, and also to make this aspect of life part and parcel of our social culture. The name of the book, "KA KILANMET PYNEH-RNGIEW" is a new term with the idea behind, that carries the meaning of "a physical training for self defence". In other words, to make oneself smart, healthy and strong; to free oneself from the temptations of drugs, alcohol, smoking, chewing of tobacco, laziness and cowardice.*

*This is no doubt if one is serious enough, one can reach the heights of physical and mental fitness which in turn will enable us to compete in the field of sports in the national and international levels; sports as we all know, is a great contributor to intergrating the different peoples of nations and the world at large. This book inspires the youth to learn to understand themselves better, in order to have good health and discipline, to shape the body more beautifully and have a strong mentality. As great sportsmen say "people's health, nation's wealth", is to use physical education in propagating good health through out the society and the whole world. Peace and Happiness lies in a healthy society.*

**16/May/1994.**

**The Author**

## KTEN LAMPHRANG

Ia ka Khasi Martial Arts Institute la seng ha ka 16 tarik Jym-mang, 1988 bad la Register ha u snem 1990. Ka jingthmu jong kane ka Institute ka long ban pynroi ia kane ka Kilanmet Pyneh-mngiew ha kine ki Lum ba-ithiang jong ngi ha koba ki samla Khasi Shyn-rang bad Kynthei ki don ia kane ka sap Kilanmet. Bad lyngba kane ka Kilanmet, ki samla jong ngi kin long kiba iainei ha bun ki jingleh jingkam ki jong ki, namar ba ki la ioh phrung ia ka Mon bajwat hapoh lade hi. Kin kiew shaphrang ha bun ki liang bad kin iada ialade na bun ki jingpynshoi kiba sniew kum ki jingdih sikret, dih duma, bam duma sla, bam golden, jingdih buaid, jingdih drug bad kiwei kiwei. Ka dei kane kein kata ka Kilanmet Pyneh-mngiew ka bym ngat shuh ha kitei ki khlam kiba long ki jingpynjot ia ki khun samla shynrang bad kynthei jong ngi. Ka Kilanmet Pyneh-mngiew ka dei ka lad iada ialade na ki jingpang ba-hamukom bad ban pyn-long ia ka met ka phad kaba koit bakhiah ban lait na ki jingpang-swai, jingpangjem, jingpangtieng bad jingpangjaituh. Lyngba kane ka Kilanmet Pyneh-mngiew ka hikai ia uwei pa uwei ban long kiba sngewrit, kiba jai jai bad kiba kloi ban iarap ia ki para-briew. Hyn-rei ha kawei pat ka liang ka hikai ia ka jingshlur ban ym jemngiew' ne shah lehjot ha ki Nongkam-bymman.

Baroh u briew u don ka hok ban iada ialade, kumta ruh u Khasi u don la ki kti ki kjat bad ka jabieng kaba proh ban Pynkilan-met Pyneh-mngiew ialade. Bad kane hi ka jingleh jingkam kan long ka Kolshor hapoh ka jaitbynriew jong ngi. Ki samla kiba khleinkor bad sumar ia la ka met ha ka jingkoit jingkhiah, kin sa nang ban khein kor bad niewkor ia kiwei pat. U briew uba iei ia ka shnong ka thaw, u don ka hok bad niewkor ban iada ia ka shnong ka thaw u briew uba iei ia la jaitbynriew, u don ka hok bad niewkor ban iada ia la ka jaitbynriew.

Te baroh ki Rang samla bad ki Thei samla kiba kwah ban kieng atiar halade da kane ka Kilanmet Pyneh-mngiew, ki dei nyngk-ong eh ban kiar na ki jingdih kiba pyntroin ia ka met ka phad ka jong ki bad kiba pynking baiong ia ka jingpyrkhat pyrdain babha jong ki.

Kaba ar, ka long ba ki Nongkilanmet, ki dei ban trei shitom man ka step ne man ka janmiet ban pynlong ia ka met ka phad

kaba jwat, kaba sting, kaba khlain bad kaba lah ban pynphai kat shaba mon.

Kaba lai, ka long ba ki Nongkilanmet kim dei ban thiah mied. Ki dei ban thiah dangshai bad khie dangstep. Ka jingpeit-mied, ka khate ia ka bor met bad ka khate ruh ia ka rta jong u briew. Ka Kilanmet Pyneh-rngiew ka dei ka lad iada ialade bad ka spah bah jong ka koit ka khiah bad ka jingimslem.

Shwa ba ngan pynkut nga ai ka jingsngewnguh bad ka jingkyrkhu kyrdoh ia kine ki para ba la jer kyrteng harum kiba la don bynta ha ki dur bapher bapher ban pynmih pyrthei ia kane ka kot kaba itynnad bad kaba biang-dur biang-dar katne. 1. Deven Mawlein,. 2. Bomick Mawiong, 3. Fullmoon Tongper, 4. Philip Sten, 5. Angku Mawlein, 6. Fairlysha Kharmawphlang, 7. Shaisngi Kurbah, 8. Sngiphymai Kurbah 9. S.Marwein, 10. J.Marwein 11. Kyndup Lyngdoh Mawphlang.

Ka jingsngewnguh jong nga ka leit ruh sha i Bah Raphael Warjri iba la trei shitom ban pynitynnad ia ka jingdro bad katto katne tylli ki dur kiba i la shon. Ngam lah ruh ban klet ia i Bah Roscretice Lyngdoh, iba la kloï ban shon bad ban sait ia ki dur kiba bun. Nga sngewnguh shibun eh ia i Pa, Bah Ksanbor Aloysius Sunn, iba long ruh u 'riewdkhot ka Syngkhong Rympei Thymmai iba la bah tytpeng lem ia ka jinglut ha kaba shon ia ki kot kiba la dep. Nga sngewnguh eh ruh ia i Kong Priscilla Pohtam, iba la kyrshan kylluid mynsiem ban pynmih iakane ka kot "KA KILANMET PYNEH- RNGIEW". To U Blei un nang kyrkhu kyrdoh ia ki baroh.

Ka jingsngewnguh ka leit ruh sha ka Sorkar Meghalaya kaba la iarap pisa na ka bynta ka jingpynmih ia ka **KOT KILANMET U MAWKORDOR KA JINGIM VOL-1.**

Nga sngewnguh ia baroh kiba la ai jingkynthoh bad ki jingkit-bok kitrwiang jong ki, kiba la pynshlur bad ai mynsiem ia ki khun samla ka Ri ban ieid ban kilanmet ba ngin iai long kiba khiah- krat bad kiba smat ba sting.

Nga kyntu ruh ia phi ki Nongpule bad ki Nongkyrshan baietd ban ym duh mynsiem haba phi mad ia ki rukom kilanmet kiba kham eh bad kham jwat, hynrei ban iai-pyrshang haduh ban da nang bad ban iai-kheit ia u soh ka Kilanmet haduh ki sngi jinglong-tym-

men bad ban nangiai-pyrsad mynsiem ia kiba dang lung ba kin nangiar ha kane ka lyngkha.

Ka jingsngewnguh jong nga khamtam ia i Babu B.C.Jyrwa, iba la pynbeit lem ia ki jingduna khamtam ha ki poetry. I Babu B.C.Jyrwa, i la nangpynshlur ruh ia nga ban nangpyniar ia kane ka lyngkha thohkot. To U Blei un nangkyrkhu kyrdoh ia i hala ka sngi.

Nga sngewnguh ruh shibun eh ia i Bah P.K.Raswai, Minister of Sports and Youth Affairs; Bah J.M.Pariat, Chairman, Meghalaya Commission on Resources Mobilisation; Bah Founder S.Cajee MDC. Mawlai, Bah Pascal Malngiang, President, Kyntiew Sap Cultural Society; kiba la pynphuh pynphieng ia kane ka kot da ki **KHUBOR BATHIANG** bad ki **JINGPYNSHLUR JONG KI**. Nga pan map ruh na ki bad na ki paralok namar ka jingslem ban pynmih ia kane ka kot. To U Blei un nangkyrkhu kyrdoh ia ki ha la ka sngi.

**Khublei Shihajar-nguh,**

**Dated : 16 May, 1994**

**Bah Snenglem A.Kurbah,  
Mawlai Mawdatbaki,  
(Nongmali) Shillong - 793 008.**



## KA KILANMET KA PYNPROH, TANG IEH LA DKOH

Ngi tip baroh ba ka jingkoit jingkhiah ka long ka jingkyrkhu bakhraw tam ba ngi iohpdian na U Trai Kynrad. Ngi tip ruh ba ka met kaba khlain kaba shait ka pynproh ruh ia ka jabieng. Hynrei ngim dei ruh ban klet ba ka Kilanmet Pynehmgiew ka beh ia ka jingpangtieng, ka pang jem, ka pang swai bad kiwei kiba pynjaituh ia ngi ki khun samla ka Ri; kam kwah ban iohi ba ki khun samla jongngi kin long kiba tlot, kiba jaituh bad kiba jemmgiew. Ka Ri ka donkam kyrkieh ia ki khun samla kiba smat kiba sting, kiba khlain bad kiba eh-mgiew. Ki dei ruh ban long kiba proh jabieng bad kiba shemphang.

Ban bynshet ia kano kano ka kam kaba khraw, ngim lah bam leh ia kata ha ki bried kiba duna ka jingshemphang bad kiba swai, baioh kim lah ban leh ei ei, lada ki dei ban ia kynduh ia ki jingkyrthep kiba wan na ka diang bad na ka mon. Ha kine ki sngi, ngi donkam eh ia ki Rang Samla bad ki Thei Samla kiba la kieng atiar da ka jingstad bad da ka jingshemphang ba ki lah bam tabah tyrteng ia ka Ri bad ka Jaitbynriew ha ki bynta baroh. Namar ngim lah ban shaniah ia ki kam ba ratbah ha ki samla kiba tlot ka bor-met ne ka bor jabieng.

Ka jingieit ialade ka iarap iangi, ba ngin sngewthuh kumno ngi dei ban sumar ba ngin leh adkar ha ki liang baroh. Kito ki bym nang ia kane ka buit ki pynsyrrwa-kai ia ka por, ki pynjot ia la ka met. Ha ka jaka ba kin long kiba khlain bad kiba koit bakhiah, ki kylla long pynban ki bym larkam bad kiba swai bad jem-mgiew. Ki heh tang ka ktien bad ki long ki bym sule kam ei ei ruh. Katba ka Kilanmet, ka pynsmat pynsting bad ka pynshong-jwat ia ka met ka phad. Ka jingong - "Thiah dangshai khie dangstep", ka long kawei na ki jingkyntu kiba dang sawa sngewtynnat haduh mynta. Kane ka long kawei na ki jingpyrshang kiba iadei bad kiba ngi lah ban pyn-treikam ha kano kano ka por. Kam ju buh diengpruh ia ki samla ne kiba la kham iaw ban pyrshang, hynrei ka kyntu ia baroh kat kiba pdiang ban pyn-treikam ia kane ka buit, lada ngi kwah ban long kiba khiah-krat.

Ka jingpynthiah-thai than ia ka met ka phad ha ka thiah sngi bad ka shong-jaituh, ka pynshongswai ia ki thied ki jaw, ki mat ki

pung bad ka jabieng kham tam. Ngim dei namarkata ban ieh sarang ia ki kopja ka met ka phad jongngi katba ka por ka dang shah, ioh ngi babe dier por ynda ka por kam long shuh. Ka jingkilanmet ka iarap ruh ia ka jingpynpalei ia ka jingmut jingpyrkhath bad ka ialam ruh ia ki briew ban poi sha ka jingsngewrit. Kam ju pynsngewmeng ne sngewheh, ne kwah pynibor, hynrei ka sei ia ka bor tang haba ka dawa ba kin leh kumta. Ngim dei ban sngewthuh bakla ba ka jingkhlain ne ka jingstad ka long ba ngin kob sarong ne pynsheptieng ia kiwei pat. Nga ong ha phi ba kata ka lah ban mih na ka jingsngew ka ba bakla. Katba kiba shemphang shisha, da ka jingtbit kaba ki ioh, ki wer ia kiwei ruh kumba leh u Bah Snenglem A.Kurbah.

Dei lyngba kane ka jingpruid dak kaba u Bah Snenglem ula leh ba kan kyrsiew thymmai ia ki khun samla kane ka juk, kaba thap pyrshang ban pynkhlain jubor ne pynkyndit rot ia ki thied ki jaw ba la kem sarang da ki jingdih ba khyllah, ban pynshlur bieit bad pynkhlemrain ia la ka longrynieng. Kine ki jait jingkyrsiew jubor ia ka met bad ia ki thied ki jaw ba shong jaipdeh ka neh tang shipor kum ka almuniom kaba khluud tang shi-khyllipmat. Hynrei kum ki samla ba shisha, ngi dei ban nang ia kane ka buit kaba neh kaba lah ban tei ia ka met, ia ka jingkoit jingkhiah bad ia ka jabieng, ba ngin da long shisha ki nongiakitlem ia ka Ri bad ka Jaitbynriew ha ka liang kaba bha bad kaba donburom.

Nga ai khublei kitbok kitrwiang ia u Bah Snenglem ba un nangkiew irat na ka por sha kapor katba ka met ka dang khlain bad ka jabieng ka dang proh, ba un iai-imjingmut ban kyrsiew ia ki para samla, ba kin tehnoh noh ia kiwei pat ki lad kiba bakla, hynrei ban sdang thymmai da kane ka lynti, haba ngi tip ba ka Kilanmet ka khambha shispah shah ban ia kiwei pat ki lad kiba shu pynkyndit jubor ia ki thied ki jaw bad ia ka jabieng kaba jaipdeh.

Dated 8th February, 1995.

**Sd/-**

B.C.Jyrwa,

Head

Department of Khasi Shillong College.

**Shri P.K.Raswai,**  
**Minister**  
**Sports, Youth Affairs &**  
**Border Areas Development,**  
**Meghalaya.**

## **MESSAGE**

Nga dap da ka jingmen  
kaba khraw ba ka kot "KA  
KILANMET U MAWKORDOR  
KA JINGIM" ka la mih pyrthei  
biang ban pynphuh pynphieng  
ia ka thup thoh kot U Khasi.  
Nalorkata, kane ka kot ka pyr-  
sad mynsiem ia ngi iwei-pa-  
iwei ban ioh ia ka koit ka khiah bad ka jingimslem. Kane ka kot ka  
ai jinghikai khamtam eh ia kiba dang khie dang san ban pynmlen  
ialade ban kilanmet man ka sngi ban ioh ia ka met ka phad kaba  
koit bad kaba khiah-krat. Hynrei ngi donkam ban long kiba iaineh  
bad kiba pyrkhing ialade ban ym dkut noh tang shipor. Nga ai  
khublei ia u Nongthoh Bah S.A.Kurbah halor ka jingpynmih jong u  
ia kane ka juh ka kot. Ha kane ka snem bala dep ruh nga la pyllait  
paidbah ia kane ka juh ka kot U Mawkordor ka Jingim. Volume-1.



**(P.K.Raswai)**  
**Minister**  
**Sports & Youth Affairs.,**  
**Government of Meghalaya,**  
**Shillong.**

**KA OPHIS JONG KA DORBAR U SYIEM HIMA MYLLIEM,  
MAWKHAR, SHILLONG.**

*MS/V-08/942716. Shilong, the 27th January, 1994.*

**Ha,**

**U Rangbah Snenglem Alfred Kurbah  
President,  
Khasi Martial Arts Institute,  
Mawlai Mawdatbaki (Nongmali)  
Shillong.**

**"KA PATHAI KHUBOR"**

Kum U Syiem U Kmie, nga dap da ka jingsngewkmen ban tip ba ka "Khasi Martial Arts Institute" kan pynmih ia ka kot kyrpang jong ka mynta u snem - "**KA KILANMET PYNEH-RNGIEW**".

Nga ngeit skhem ba katei ka kot, kan long ka jingkyrsiew jing-mut 'ia ki khun ki hajar kumno ba kin 'ioh ia ka bor-met bor-jabieng kaba khiah-krat lyngba ka jingpynmlien ban kilanmet, kaba long kawel na kiba bun ki atiar kiba u briew u donkam ha la ka sngi ia ka bor met ban iada ialade ha ki khyllipmat ba donkam bad ruh ka bor jabieng kaba khiah krat ban ioh ia ka jingstad, kaba khlem ka bor met ka bor jabieng, u briew un kylla long jem rngiew bad un nym lah ban kiew irat ha ki jingialeh ban jop ha ka jingim jong u.

To phi ki khun ki hajar kiba long ka khun samla ka Ri, to nang ia khiah krat, to nang iashait iakhlain bad to nang iai imsngi ban pyneh la ka rngiew la jong, namar ba ka jaitbynnew jong ngi ka donkam iaphi ki samla samhoi ban peitngor nadong shadong.

**Sd/-**

**(Laborious Manik S.Syiem)  
Syiem Hima Mylliem.**

**Sealed:**

**OFFICE OF THE MYLLIEM  
SYIEMSHIP  
SHILLONG**

**Shri J.M.PARIAT**

**Chairman**

**Meghalaya Commission on Resource.  
Mobilisation, Meghalaya, Shillong.**



### **MESSAGE**

Ka long kaba sngewtynnad ban tip  
ba ka kot Kilanmet U Mawkordor ka  
Jingim Vol-2 ka la mih ban pynphuh  
pynphieng ia ka thup thoh kot U Khasi. Kane ka kot ka ai ka jinghi-  
hai Kilanmet ban ioh ia ka koit ka khiah bad ka jingimslem. Ki  
samla samhoi ki donkam ban pynkalan ialade man ka step khnang  
ban lait na ki bun ki jingpynshoi kiba sniew bad kiba alhia. Lyngba  
ka kilanmet kin sa long ki samla kiba smat basting bad kiba proh  
ka jingmut jingpyrkhat. Nga ai khublei ia u Nongthoh bah  
Snenglem Kurbah uba pynmih iakane ka kot na ka bynta ban kyn-  
tiew ia ka koit ka khiah ha ka Imlang ka Sahlang. Nga kyntu ia ki  
samla baroh ba kin minot bad ban long kaba iai-neh.

**(J.M.Pariat)**

**Chairman,**

**Meghalaya Commission on Resource  
Mobilisation, Meghalaya.**

**Mr F.S.Cajee, M.D.C**  
**Executive Member I/C Development etc,**  
**Khasi Hills Autonomous District Council,**  
**Shillong.**

### **KA KILANMET U MAWKORDOR**

Ka Kilanmet ka long ka bynta kaba kongsan eh ha ka jingim u brierw ne ka brierw ban ioh ia ka jingimslem. Lehse, ngi tip bha ia kane ba ha ki ri kiba la shai bha ki da khein-kor shibun eh, kum ka nuksa, ba wat kito ki tymmen ki kro ruh ki ju pyrshang ban leh exercise man ka step, kito ki bym lah shuh ban leh ia ki exercise ki shu shim da kaba shu iaaid pyngngad sha ki jaka ba kham don ki 'er khuid. Ngi ruh ki samla ka ri ngi la dei ban pynroi kyrpang ia kane kum ka jinglam-lynti ban hikai, ai nuksa bad pynsgewthuh ia kiba bun ha la ka kyntoit ka dong, ter ter khnang ba ki samla jong ka ri kin niewkor ia ka koit ka khiah ka bym da hap ban lut pisa hynrei da la ka jingkheinkor/niewkor ha kane ka phang kan ai ia ka jingmyntoi bad ba kan iada na ki jinglut jingsep jong ka pla pisa ba shimet jong u brierw ne ka brierw. Da ka ba ialeh ban kiar na ka kynja jingdih ba pynsniew ia ka met. Kum u sikret, ka kyaid bad kiwei kiwei, pynban ban ialeh ban bam ban dih da ki kynja batei ia ka met ka phad.

Nga ai mynsiem ia ki samla rit samla heh ba kin kitkhia bha ia kane kum kawei na ki lyngkor ban ia kit bad kynmaw halade bad ym tang kumta hynrei bad da pynseisoh da kaba leh da ki kam, ba kan pynlong shisha ka jingniew bakordor ia la ka met ba la ai kyrpang da U Blei Nongbuh Nongthaw.

**(F.S.Cajee) MDC**  
**Mawlai, Shillong - 8**

## KA KITBOK KITRWIANG

Nga la ioh ban pule ia ka kot jong u Bah Snenglem Alfred Kurbah ia kaba u la ai kyrteng "U MAWKORDOR KA JINGIM THUP. 2". Kane ka long lehse kawei na ki kot kiba nyngkong eh ha ka ktien Khasi ban batai ha ki parari jong ngi halor ka jingmyntoi kaba ngi ioh da kaba sumar bha ia la ka met ka phad. Ka rukom shon bad kumjuh ruh ki du kiba u la tyngkhap ha kane ka kot ki long kiba ai jingmut bad kiba pynmyntoi shibun eh ia kito kiba kwah ban leh ia kine ki exercise. Ngi donbok shibun eh ruh ba u bah Snenglem um shu hun ban tyngkai halade ia kane ka sap ne ban thaw tyngka na ka, hynrei da ka mynsiem ban shakri ia kiwei pat u la hikai ia kiwei pat ki khynnah da kaba seng ka ka **KHASI MARTIAL ARTS INSTITUTE** bad kumjuh ruh da kaba pynmih ia kane ka kot.

Nga dang khmih lynti ba u Bah Snenglem A. Kurbah un nang pynmih shibun shuh ki kot kiba iadei bad kane ka phang. Kumban shu kdew hangne, kane ka juk jong ngi ka jyilei da ki kam sniew, ki kam awria bad ki jingdihbuaid kiba pyntroin met. La sngewdonkam ba kum kane ka jaitkot kan rung ha man ki thliew iing jong ki Khun Khasi Khara khnang ba kin lah ban tei bha ia la ka lawei.

Sa shisien, nga ai burom ha u Bah Snenglem Alfred Kurbah, bad mangi kum ka jaitbynriew ngi sngewsarong ia kane ka jingtrei jong phi, na ka phang kaba ym da don ba khmih lynti ban trei.

*Uba kitbok kitrwiang ia phi,*

*(Pascal Malngiang)*

*President,*

*Kyntiew Sap Cultural Society,  
Shillong*

*Dated Shillong,  
January 5, 1993*

## KA KILANMET PYNEH-RNGIEW



Ka Kilanmet **BAN IADA IALADE** ka long ka bynta kaba donkam ha ka jingim jong u/ka briew. Kane ka Kilanmet ym tang ba ka iarap ban iada ia u briew na kino kino ki jing-pang, hynrei ka iarap ruh ia ka Bor Pyrkhat ban pynproh bad ka hikai ruh ban long kiba sngewrit bad kiba jai jai.

Kane ka rukom kilanmet ban **IADA IALADE KA DON LA KI KYNDON BAD KI NON-GRIM JINGHIKAI KIBA PYRKHING**. Ha kane ka Kilanmet ki buit jinghikai ki nangkha nangkha ha la ki jong ki jong ki dur bad ki rukom leh kiba pynlong ia u briew ban iai-tih ryngkat ka jingleh jingkam da kaba pynkilanmet ialade ryngkat bad ki para Nongkilanmet kiba don ha ka juh ka Lympung Jinghikai. Ka Kilanmet **BAN IADA IALADE** kaba tang marwei ruh ka don la u jong u soh jingmyntoi, hynrei kan ym lah kot ban pynbun jinghikai kat ka Lympung Jinghikai.

Lyngba kane ka Kilanmet **BAN NANG BAN IADA IALADE** ka pynshlur ia u briew ban ym long kiba tiengeit ne kiba khawpud ne kiba lehrain-biej. Hynrei ka hikai ia U/Ka samla briew ban long kiba shlur haphang ban leh ia ki kam babha baroh. Ki Samla/bnew kiba don ha kane ka **LYMPUNG JINGHIKAI BAN IADA IALADE** ki long kiba pyrkhing bha ialade, ki dei ban long kiba peitngor bha ha ki liang jingleh jingkam baroh. Ki dei ban long kiba kloi ban lenlade bad kiba kloi ban iai-shah bad kiba kloi ban wanrah ia ka jingiasuk ha ka Imlang Sahlang.

Baroh ki lah ban ia shim bynta ha kane ka Lympung Kilanmet, kum ki Khynnah, ki Samla wat ki Tymmen ki lah ban pynkilanmet ban **HIKAI BAN IADA IALADE**. Lyngba kane ka kilanmet, ka iarap



ban pynkhuid ia ka jingmut jingpyrkhat, ka pynjai jai ia ka jinglong khong khong, ka pynphikir ban husiar ha ki jingpynshoi ba sniew bad ki Nongkilanmet kim ju sngewtynnad ban ia juh ne ia jan bad ki Nongkam bymman kiba kloi ban pynjot ne pynsiew ia ka lmlang ka Sahlang.

### **Ki Nongkilanmet kiba Sarong bad kiba khyllew :**

Ka Kilanmet **BAN IADA IALADE** ka lah long lypa ka kyntien "ba ngi dei ban long kiba sngewrit bad kiba jai jai" **BAN IADA IALADE ka mut ban da ap ban ym long kiba rek rek**. Don bun ki paralok kiba la pynkilanmet ban iada ialade, hynrei ynda ki la sngewnang, ki la sngew sarong bad khyllew. Ki sdang ban leh heh ia kiwei, ki thaw jingkulmar namar ba ki la sngewnang bad ki sdang ban kop, ki pyni ruh ia ka jingnang da kaba shoh ne pynmynsaw ia kito kiba shu iadon daw ne jingiakajia kiba rit kum ki jong ki khyannah rit. Hynrei lada katei ka jingmlien kaba sniew ka la sdang ban suhthied ia ki khyannah ne ki sarula, ynda ki la rangbah kin sa long kiba jot lypa. Kitei ki Nongkilanmet kiba sarong bad kiba khyllew kim ju ler khaw lano lano ruh. Kan poi ka por jong ka jingjot bad ka jingtroin. Namar ka jingsarong ka ju ialam sha ka jingjot. Ki 'riew sarong bad ki 'riew leh heh kin ym don jaka hangno hangno ruh . Katba nangmih ki sngi ki nang pynsiew ia ka jingmut jingpyrkhat da kaba shu thaw ia ki jingeh bad ki jingjot tad haduh ba kin klet syndon ia ka Kilanmet ban iada ia la ka jingim. Ki klet lut ia ki jinghikai bad kin ym sngewtynnad shuh ban Pynkilanmet ialade ban ioh ia ka koit ka khuah bad ban kheit ia u **SOH KSIAR** uba ki lah ban pynndonkam tang ha ka por ba khim khait jong ka jingim.

Ki Nongkilanmet kiba shu tynneng bad kiba leh mynleh nang tang ban iaroh kiwei, ki ju pynpaw ialade ia ka jingsarong bad ka jingkhyllew. Hynrei ki Nongkilanmet kiba tista shisha kim ju mih koit kiba kop sarong ne kiba khyllew. Ha ka jingshisha kim ju kwah ruh ba ki wei kin tip ia ka jingnang jong ki, ki buh tyngkai ia u **SOH KSIAR** jong ka jingnang ba ka dei tang ka Kilanmet ban **IADA IALADE HA KANO KANO KA POR BA SHAH BAN-BEIN NE SHAH LEH-IJOT**.

### **Nuksa Peitngor :**

Uwei u Rangiaw uba la shong shut kyiad, bad u la sdang ban kren kyrbeh, kren heh, kren sih kren sang, bad kat sha ba leit ma u

ki brierw ki ju tieng namar ba u ju shoh ia kito kiba u i-shrai ne ki bym kohnguh ia u. Shisien ha lew u la pynkulmar ia ki nongdie nongthied baroh, namar u rah da tari ban dung ia uno uno ne kano kano kiba kop ia u. U knieh jubor ia ki jingdie khlem da siew pisa, nador kata ruh u ju byrngem ruh ia ki lada ki kren ei ei. U wei pat u samla lud uba la ju peitngor ia ka jingleh jingkam jong utei u 'riew leh-heh u kwah ban ai jingsneng khnang ba un ym leh heh ne lehbein ia kiwei pat ki para Nongshong shnong. Une u samla u dei uba ju pynkilanmet ban iada **IALADE**, u don halade ia ka **Bor Iashanslem, Ka Jingstet bad ka Jingkhlain ki kti ki kjat**. Kumta u la leit hajan uta u Nongdih leh-heh ban kren da kaba jem da ki kyn-tien don-akor. Hynrei une u 'riew leh-heh, u la bitar pynban bad u sdang ban kynrup ia uta u samla ban dung da ka tari, hynrei hamar ba un dung u samla u kynriah wak bad u kynjat **phak** na ka kti, kumta ka hap ka tari, uta u brierw u mut ban shim biang ia ka tari kaba hap, hynrei hamar u dang dem, win pynban na ka khmut **dam** shikynjat, kumta plei ka snam na ka khmut shaid.

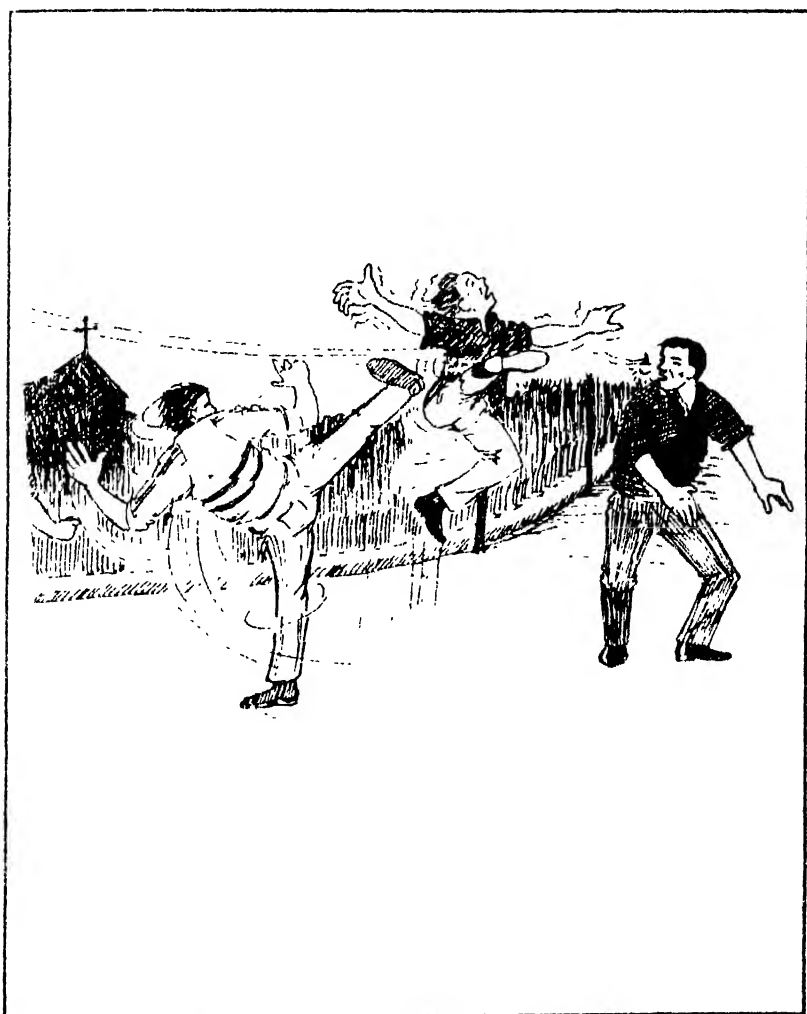
Naduh kata ka sngi uta u brierw uba ju leh heh ha iew ha hat, um ju wan mih shuh sha iew namar u sngew lehrain, katto ka jingsngewkhla bad ka jinglehkhla jong u ka la pyniam-rem ia u tang ha uwei u khynnah samla rit uba la tyngkai ia ka buit kilamet ban **IADA IA LA KA IJOT BAD KA JINGSHAH LEHJOT JONG KIBA LUI LUI. HA KA JUH KA POR U LA IADA RUH IALADE NA KA JINGTHMU BASNIEW JONG U 'RIEWKAI** ban shu shim ei ia ka jingim brierw.

## **Ka Kilanmet ban Iada Ialade ka dei ka Hok :**

i) Uwei u Samla uba ju pynkilanmet bha ban **IADA IALAD**

E u la mih leit jingleit sha kawei ka shnong. Ha kata ka shnong ki Nongkhalai ki ju shongkhalai ha ki krem, ha ki 'lawbniap bad ha ki jaka ba kham kyndong. Bad kita ki Nongkhalai ki ju lute na kino kino ki brierw kiba iaid ba ieng nakata ka shnong. Bun ki brierw ki bym tip ia ka jinglong kata ka shnong ki ju ngat ha ki kti jong kita ki nongkam bymman kiba ju shoh bad pyniap brierw. Haba uta u samla u la poi ha kata ka shnong, u la shah bat ha ki lai-ngut ki Nonglute, uwei na kita ki nonglute ula bat da ka wait na shadien bad ki amgut pat ki ieng na khmat bad pan pisa. Kita ki nonglute ki

shu ong beik kumne "KA PISA JONG ME lane KA JINGIM JONG ME". U ta u samla u la sngewthuh bym long shuh ban shu ia kren, kumta hi u la kam shadien tiak shikam bad u kynjat kynsan 'Phak' ia uta uba don shadien, bad u pynphai ia ka met da ka juh ka kjat bad u khyrwit dam-dam ia kita ki ba shakhmat da ka kynjat bnoh. Baroh ki shu ia thiah lyngktar ha madan khlem khie shuh.



ii) Ha kawei pat ka sngi une u juh u samla u la mih leit jingleit biang sha kawei pat ka jaka kaba kham pajih na ka Sor. Ha lynti ba kham kynjah u la ia kynduh kynsan ia ki laingut ki samla shynrang kiba ka dur ka dar jong ki kaba i-triem kum ki nongshohnoh. Kitei ki samla runar ki dei ki nongdih drug kiba la brai bha. Ka jingbym ioh drug jong ki hakata ka sngi kala pynlong ia ki ban tur ia iap ban shu troh im im peit peit ia uta u samla uba iaaid lynti nangta. Ka jingthmu jong ki ka long ban shu kjit snam beit ia u bad ban knieh kat kaba u don., Hynrei, une u samla uba bha u la pyn-donkam ia ka bor pyrkhut kaba stet ban ym aili ha ki kti jong ki. U ran noh shadien da kaba mareh khnang ba un ioh jaka bad ban pynkyllain ia ka jingmut jong ki. Ki ruh ki beh sia sia ia u, hynrei u ta u samla u ieng kynsan bad u khyrwiit ia uba poi nyngkong shajan jong u da kaba kynjat tynrah-dadien dam na ka khmut, kyllon uwei, wak u phai, sa ia uwei dam bad sa ia uwei hak na ka krung. Baroh laitngut ki shu thiah lyngktar khlem lah khie shuh.

## Kumno ban nang ban kilanmet hi dalade :

Nyngkong nongshap donkam ban pynkyndit ia ki thied ki jaw da kaba mareh shwa la kumno kumno 10 minit, nangta sa kynthih kumba 20 sien da kaba pyndeï ia ki khohsiew ha shadem.



No 1 (a)

Nangta sa pynkilan sa ki kti da kaba pynshad pyllun pyllun shakmat bad shadien, kane ka rukom pynshad ia ki kti ka iarap ban pynkhlain ia ki thied ki jaw jong ka tyipeng.



No 3



No. 2

Nangta sa pynkilan sa ia u Syngkai kumba 20 sien, kane ka rukom kilanmet ka iarap ban pynkhlain ia u Syngkai, da

kane ka rukom kilanmet kaba pynshad ia u Syngkai pyllun pyllun, u Nongkilanmet u lah ban phai kynsan wak wak U Nongkilanmet u ju pyndonkam ia ka bor jong u Syngkai haba u phai ban kynjat ne ban kura ne ban kynriah

Ka Kilanmet Syngkai Dem shakhuat bad pynthiah shadien.

Pyntoh ia ka met sha ka liang ka mon bad sha ka liang ku di ng (Leh kumba 20 sien)



No 5

Ban pynkhlan ia ka bor kti donkam ban pynkalan da kaba kura kumba



No 7



No 4

Kyntlah ha kajuh ka jaka bad ha ka juh ka por pyn shad ia ka syngkai

No 6



la pyni ha kane ka dur No 7 Pyrshang da kaba pynkalan da kaba kura ia ka lyer kumba 20

sien, phi ioh-sngew ia ka jingthait ha ki tyrpeng bad ha ki lbong. Ki kti dei ban kham eh trang bad pyrshang ban kura ha marpdeng jong ka met ha kaba ki kti ki biang matang bad ka met la jong.



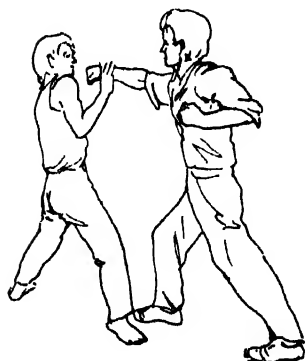
Ka rukom kura ia kano kano ka jingpynshah.  
Kumno ban kura da ki mat.

No. 8

## Ka Jingiada ialade na u Nongkura :

Pyrshang ban pynkila ia ki kti  
da kaba mut dur de halade ba  
don u Nongkura ne u Nongpyr-  
shah uba wan ban ktah kti  
ialade. Kumno ban iada ia ka  
khlieh, ban iada ia ka shadem,  
ban iada ia ka kpoh, ban iada  
ia ka khmut ka khmat.

No. 10



Ka rukom iada ia ka khmut ka khmat.



No. 9



Ka rukon iada ia ka khlieh.

No. 11



Ka rukom iada ia ka shadem

No. 12



Ka rukom iada ia ka kpoh



## Ka jingpynkilan ia ki kjat :

Ban pynkhlain ia ki kjat bad ban ioh ia ka bor, donkam ban pynkilan da kaba kynjat. Ka rukom kynjat ka don bun rukom, shakhmat, sha kynriang, shadien. Ki don ruh ki rukom kynjat kiba hap pynphai ia ka met baroh kawei kaba ki ju khot ka 'Kynjat bnoh'. Kane ka rukom kynjat ka long kaba khlain bha bad kaba stet. Ka rukom kynjat bad ka rukom phai ka shong eh ha u Syngkai.

No. 13.



No. 14 (a)



Ka rukom kynjat shakhmat, lah ban shu ieng ne shu iaid. Pynshang kumba 20 sien.

Ka rukom kynjat tynrah sha kynriang, lah ban shu ieng ne kam dakynriang.



No. 14 (b)

No 14



Ka rukom kynjat tynrah shadien. Kynjat da ka khongdong

No 16 (a)



Ka Kynjat Bnoh Pyn-donkam barobor da ka khongdong

No 16 (b)



Kane ka kynjat bnoh ka donkam ia ka jungkyrshan jong kawei ka kjat kaba kat ia ka jungkhua jong ka met, nalor ka hap ruh ban kyr shan ban ym kyllon haba pyn-donkam haba sei ia ka bor met ha ka por kynjat Khnang ban ioh ia ka rukom kalanmet kaba tbit, donkam ban ia-kalan man la ka step.

**Kumno ban iada ialade na u Nongialeh pyrshah :**

Lah ban iada ia ka met da ki kjat khlem da pyndonkam ia ka bor  
kynjrait, donkam tang ban shu pynap (block) na kano kano ka liang  
ba donkam ban ia da.

No. 17

No. 18



Ban iada da ka kɲat ia ka kɲat.

Ban iada da ka kɛt ia u dieng.



No. 19

Ban iada da ka kjat ia kano kano ka tiar da kaba pyndonkam ia ka buit kynriah.

**Ka rukom kilanmet ban ioh ia ka bor met kaba  
kham khlain bad kaba sting :**

Khngang ban ioh ia ka met kaba sting bad kaba khlain donkam ban  
pynkilan ia ka met da kaba pynmlien ban kylla ha madan ne ha

kano kano ka kynja jingsiang kaba kham jem. Pyrshang ban kylla da kaba buh ne kyrshan da ki kti sa hap da ki kjat. (Front hand spring).

No 20



No. 21



Kylla shakhmat da kaba buh ia ki kti ha madan hap da ki kjat.

Barobor dei ban pynmlien ruh ban pynkilan shadien lada ka met jong phu ka shah, hynrei shwa ban

pynkilan ia ki rukom kylla shadien, dei ban pyrshang shuwa da kaba leh ia ka kilanmet kaba shu thiah ha madan da kaba pynkhun ia ka met ha ka rukom jong ka jingkieng kaba khlem paia na pdeng

No. 22.



Kylla shakhmat da kaba kyrshan tang shiliang kti, hadien ba lah dep hap sa kura artad da ka juh

Ka Kilanmet kaba shu thiah shadien da kaba pynthiah ia ka met suki jai sa kyrshan da ki kti, pyrshang ban rah ia ki kjat sha jrong bad pynhap sha kawei pat ka liang jong ka met.

Ynda la tbit ia katei ka rukom kilanmet, sa pyrshang ban kylla da dien da kaba hap shuwa da ki kti sa ieng da ki kjat. (Back hand spring).

No. 23 (a)



No. 23 (b)



Kylla shadien da kaba buh shuwa ia ki kti sa hap ne ieng da ki kjat.

Ynda haba ka met ka la mlien bad ka la khlain bad sting, donkam ruh ban pynmlien ban kylla ha suin khlem da kyrshan kti shuh. Lah ban kylla shakhmat ne shadien.

No. 24



No. 25



Ka kilanmet kaba kylla ha suin. (Ka rukom kylla shakhmat, dei ban hap da ki kjat).

Kylla shadien (back flip) sa hap ne ieng da ki kjat, nangta sa kynjat artad shadien.

No 26 (a)



No. 26 (b)



Ka kilanmet kaba kylla ha suin (ka rukom kylla shadien, dei ban hap da ki kjat).

Ha ka kilanmet kaba kylla ha suin ka donkam ia ka jingpynmlien kaba ym duna lai-sien shitaiew. Kane ka jingpynmlien ka iarap ia ka met ban ym khia jakdep. Hadien ba ka met ka la dep kylla bad hap da ki kjat, sa pyishang ban kynjat ha kano kano ka rukom ban pynmlien ia ka met ban long kaba ioh bor bad ka jingkyrshan kaba biang (Balance)

No. 27

Katei ka rukom kilanmet ha suin ka iarap ban pynkhlain ia ki lbong, ia ki khohwah, nama ha ka por ba hap, ka jingkhia jong ka met ka kynjrait lut ia ki thied ki jaw jong ki lbong ki khohwah bad jong ka met hi baroh kawei.



Ki Rukom Kilanmet kiba pynkhlain shuh shuh ia ka bor met jong u Nongkilanmet uba lada lalade.

Khnanng ban ioh ia ka bor met kaba kham khlain shuh shuh, u Nongkilanmet u donkam ban pyrshang ban ieng da ki kti bad suki suki u dei ban iaaid da ki kti ban kit ia ka jingkhia jong ka met. U Nongkilanmet uba la tbit u lah ban iaaid da ki kti ha ka jingjingai kaba 50 meter. Kane ka kilanmet ka donkam eh ia ka bor jong ki kti, tyrpeng bad jong u syngkai.

Ka kilanmet ba iaaid da ki kti.

Kane harum ruh ka dei ka kilanmet ba pyukhlam ia ki tympeng, ki  
 kti bad ia u syngkai. Pyrshang ban rah ia u tei uba shong da kaba  
 pynhuar pyukiew la kumno kumno 12 sien

No 28 (a)

No. 28 (b)



Kane ruh ka long ka wei pat ka rukom kilanmet kaba kit ia ka jungk-  
 h a da ka jungkyrshan jong ka kti bad ki kjat, U Syngkai u long uba  
 kongsan tam ha kane ka jungkit

No 29



Hangne pat u Nongkilanmet u kit ia ka  
 jungkhia da kaba kyrshan tang da ka  
 khlieh bad ki kjat U shyieng ryngdang  
 u long u nongkit ba kongsan



Ka kilanmet ba kit ia ka  
 jungkhia da ka kpoh



No 30

Ka Kilanmet kaba kyrshan da ka  
 kjat bad ka khlieh.

## **Ka Rukom Kilanmet kaba pynkhlain ia u shyieng ryngdang**

Kat kum kane ka dur No. 32, phi iohi ba u Nongkilanmet u kynthih kum ka jakoit bad ha kajuh ka por u kura shakhmat ban ioh ia ka Bor-iashanslem (stamina). U Nongkilanmet u lah ruh ban thung da ka khlieh bad hap da ki kjat da kaba iai-kilanmet artad artad da kaba kura khnang ban pynlong ia ka met kaba jwat, kaba sting bad kaba khlain.

No. 31



Ka kilanmet kynthih jakoit, kura, thung da ka khlieh bad hap biang da ki kjat.

No. 32



Ka Kilanmet kynthih jakoit bad kura,

No. 33

## **Ki Tiar Kilanmet kiba pynkhlain shuh shuh ia u Nongkilanmet uba lada lalade.**

Ban ioh ia ki ksah kiba kham khlain ha ki bynta jong ka kpoh, donkam ban pynkilanmet da kaba shu sdien ha u dieng ne u nar da kaba wah ia ki shympriah kjat ha u dieng pynkiang. Pyrshang ban pynneh ia ka khlieh suki jai sha trai bad pyrshang ban khyllie biang. Leh kumba 10 sien. Kane ka kilanmet ka pynkhlain ia ki shympriah kjat ban pyndonkam ha ka 'Kynjat-Kyndang' bad kumjuh ruh ka ai bor ia ka syngkai bad ia ka trai-kpoh.



Ka kilanmet kaba sdien ha u dieng da ki kjat.



Kat kum kane ka dur pat phin iohi ba u Nongkilanmet u pynkilan ha u dieng ne u nar uba la thaw khnang uba don saw kjat bad ki dieng pynkiang kiba iaid na jrong ban ioh bat ha ka por kilanmet. Kitei ki kjat ki kyrshan ia ki dieng pynkiang ba kin ym hap.

Kane ka rukom ka pynkhlain ia ki ksang kti, ia ka shadem bad ia ki tyrpeng. Kat kum ka dur u Nongkilanmet u pynkilan da kaba kynthih na tduh sha tduh jong ki dieng pynkiang kumba saw san kylla.

No. 34



No. 35



Hangne u Nongkilanmet u padai ia ki kjat shakhmat bad shadien., nangta u pynhiar ia ka jingkhia da kaba kyrshan da ki kti.

No. 36



Hangne pat u Nongkilanmet u iaid da ki kti halor ki dieng pyngkiang ban pynkhlain ia ki kti bad ia u syngkai.

No. 37



Ha ka shitaiew u Nongkılanmet u donkam ruh ban pynkılan ia la ka met da kaba kynjuh ia ki tiar kiba iarap ban pynkhlain ia ki dohksah.

No. 38(a)



Ka kılanmet kaba kynjuh ia ki tiar khia.

Ka jingkılanmet

No. 38(b)

ban iada ialade ka dei ka bynta kaba kongsan ban iai-minot wat lada u Nongkılanmet u la kot ia ka karta kaba khamisan. Kawei kaba u Nongkılan um dei ban klet ka long ban pynkılanmet ialade da kaba kura ia ka byrni shyiap kaba pynsdien. U Nongkılan u dei ban pynmlien ban kawang ia ka byrni shyiap da kaba kura da kaba kynjat.

No. 39



Byrni shyiap No. 1 (front punch)

No. 40



Byrni shyiap No. 2 (elbow strite)

No. 41



Byrni shyiap No. 3 (kicking)

No. 42



No. 43



No. 44



No. 45(α)



No. 45(b)



No. 45(c)



U Nongkılanmet u tynjuh ia la ka oor da kaba tan ia ki kynja spring.  
Ki buit bad ki rukom kılanmet kiba pher bapher

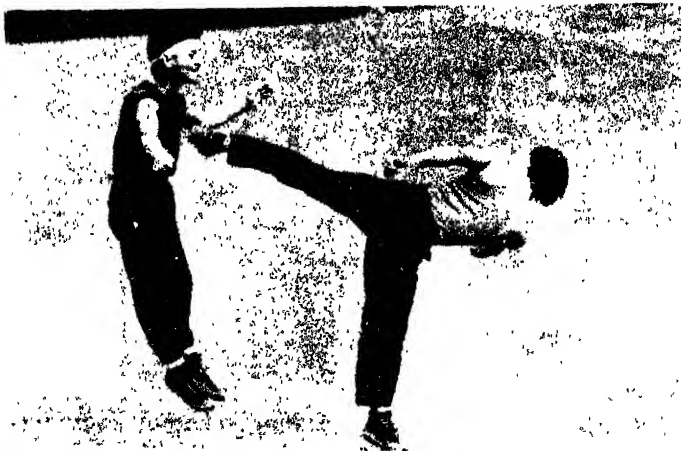
Ha kane ka rukom kilanmet ban iada ialade dei ban pyndonkam ia  
 bor pyrkhat kaba stet kumno ban kynriah, ban iada (block) bad  
 kumno ban pyndonkam ia ka buit bad ka bor ha ka por ka por kaba  
 ioh iad.

U Nongkilanmet u leh mynkura da ka kti, hynrei u shim ia ka kabu

No. 46(a)



No. 46(b)



da kaba kynjat na ka kpoh hak.

No 47



Katba hangne pat u Nongkilanmet, u leh kumjuh da kaba thok da kaba leh kumba kura da ka kti, hynrei u khyrwit da kaba phai da ka 'Kynjat Bnoh' 'Phak-wak'.

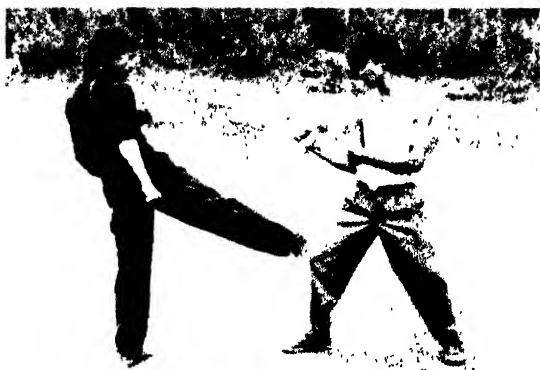
No 48(α)



Katba hangne pat u leh kumba kynjat na khmut, katba u shum pat ia ka kabu ban khyrwit na ka krung da kaba u shu phai kynsan wak da ka kynjat bnoh



No. 48(b)



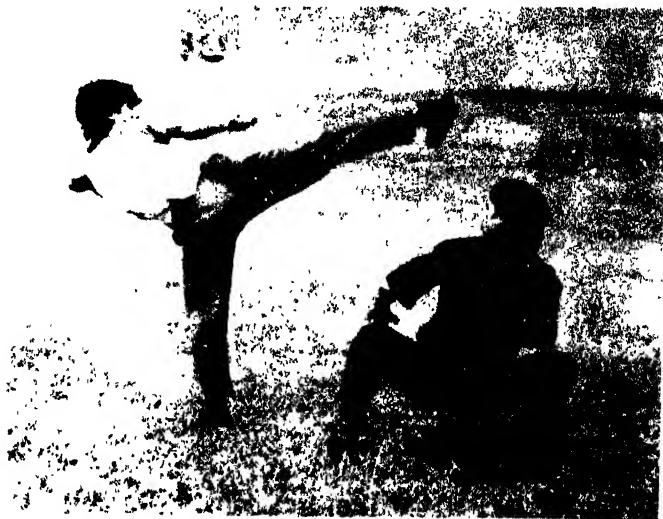
No. 49(a)



No. 49(b)

Katba ha kane ka dur pat u Nongkila u leh kumba kynjat na ki khohsiew da kaba shu pynkynriang ia ka kjat, hynrei u shim ia ka kabu da kaba khyrwit na ka khmut dam da kajuha ka kjat ha ka jingstet kaba biang.

Kumno ban iada ialade da kaba kynriah stet bad shim ia ka kabu  
ban thalain ha ka jinstet kaba kum ka lellieh ha i por iba biang.



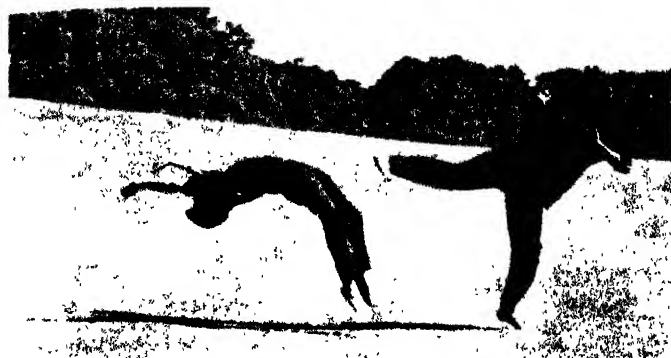
No. 50(a)



No. 50(b)

Hangne pat u Nongiada ialade u dem ban lait na ka jingkyntat da  
ka ba u shim ia ka kabu ban pynkyllon da kaba khyrwit da ka kyn-  
jat prat.





Katba hangne pat u Nongiada ialade u shah kynjat na markhmur, hyn-  
rei u kylla noh shadien da kaba kyrshan da ki kti bam hap da ki kjat.

No. 52 (a)



No. 52 (b)



Katba ha kane ka dur pat u Nongiada ialade u shah kynjat nadien,  
u kyllon shakhmat da kaba kyrshan da ki kti bad hap da ki kjat.

### Ka jingiakawang Marwei la lai-ngut

Ha kane ka dur pat phi iohi kumno u Nongkilan u iada ialade na ki laingut ki Nonglute kiba la ker kdong ia u. Ha kane ka donkam ia ka bor pyrkhat kaba stet khnang ban pynliem ia kitei ki Nongkam bymman.

No. 53.

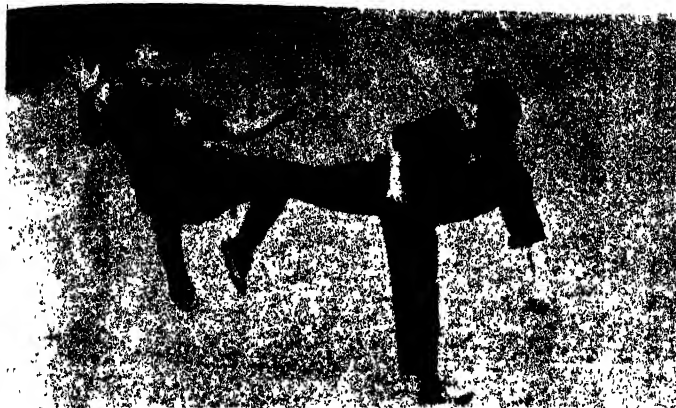


U Nongkilan, u ieng ha kata ka rukom kumba un kynjat ia uba shakhmat, hynrei u shim ia ka kabu ban pynliem ia uba sha ka liang ka mon, bad da ka juh ka kjat u thalain da ka kynjat bnoh ia uba sha ka diang.



No. 54.

Hangne u Nongkilanmet u dang pynkilan ia ki lbong ba kin long kiba jwat bad kiba khlain. Dei kumne ban iai-im-sngi ban pynkilanmet ialade ha ka por mynstep bad por janmiet.



No. 55.

Hangne pat phi iohi ba kumno ka kynjat tynrah ka lympat. Kat kum ka dur, ka jingtynrah ka la dep bad sa ba un hap ha madan.



No. 56.

Kumno ban pyndonkam ia ka kynjat tynrah kaba shu her. Donkam ban iai pynkilanmet ialade khnang ban ioh ia ka met kaba khlain bad kaba sting. (P.Sten).

Hangne pat u Nongkilan-  
met u pyndonkam ia ka  
kynjat tynrah kaba shu her  
bad u bnoh de artad  
(D.Mawlein)

No. 57.



No. 58



No. 59



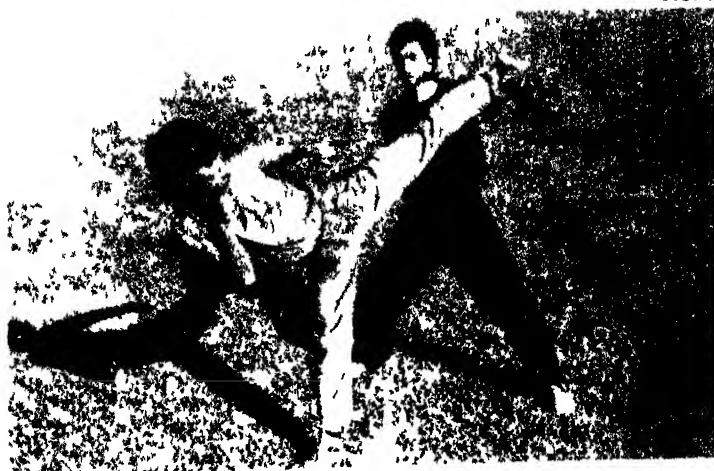
Ha ka dur '58' phi iohi kumno utei uba bat da u dieng u thmu ban  
khyrwit na ki kjat, katba ha ka dur '59' pat utei uba iada ialade u  
kylla shadien ban lait na ka jingkhyrwit bad jingmynsaw.

No. 60



Hangne ruh phi iohi kumno ban iada ialade da kaba kylla shadien  
ban lait na ka 'kynjat prat' kaba khlain bad kaba stet. U Nonglada  
ialade u dei ban long uba khamstet khnang ban lait na kano kano  
ka jingmynsaw.

No. 61



Ha kane ka dur No. 61. phi iohi kumno ban kynriah ban iada ialade  
na katei ka kynjat tynrah kaba shykhei.

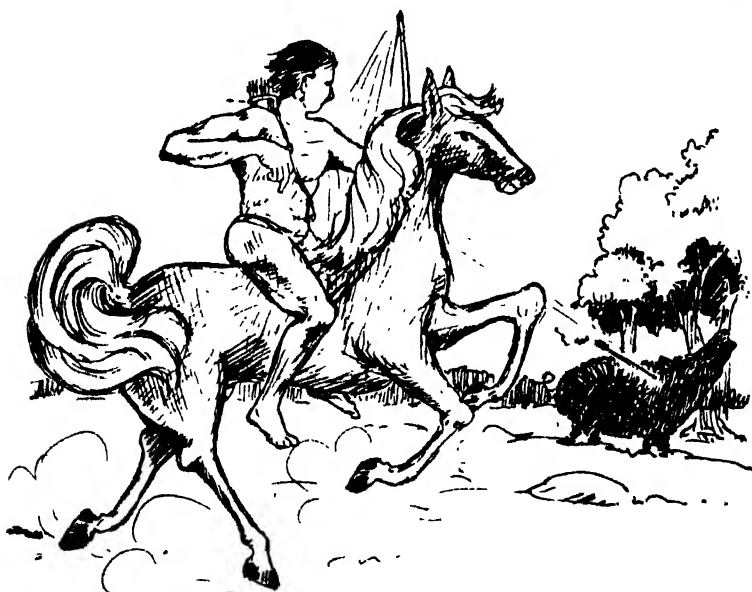
## Ka Kilanmet u Khasi Mynshwa

(Ka Kilanmet halor u Kulai)

U Khasi u ju sngewtynnad eh ban shong kulai ban leitkai ne leit jingleit. Hynrei kaba u kham sngewtynnad eh ka long ban pynkadam bad pynmareh stet ia u kulai. Ka shongkulai ruh ka dei kawei ka kilanmet kaba sngewtynnad ha kaba ki ri kiba la khamshai ki ju pynlong ia ka jingiakop mareh kulai.

U Khasi mynshwa u ju leit beh mrad ne leit siat mrad da kaba shong halor u kulai. U ju siat ia ki skei ne ki sier ne ki sniang khlaw da kaba pynmareh artad ia u kulai. U Khasi mynshwa u ju rah ruh da u sum uba nep har har ban kawang ia kano kano ka mrad da kaba shong halor u kulai. Ka long kaei kaei kaba sngewtynnad bad kaba bang bha ha u Khasi ban pynbit ha ka shongkulai khlem da buh kano kano ka jingsiang ne jaka shong halor ka met u kulai.

No. A



U Nongbeh mrad uba dang pynmareh stet ia la u kulai bad siat ia u sniang uba mut ban phet sha khlaw.

### **Ka Kilanmet bad u Maw**

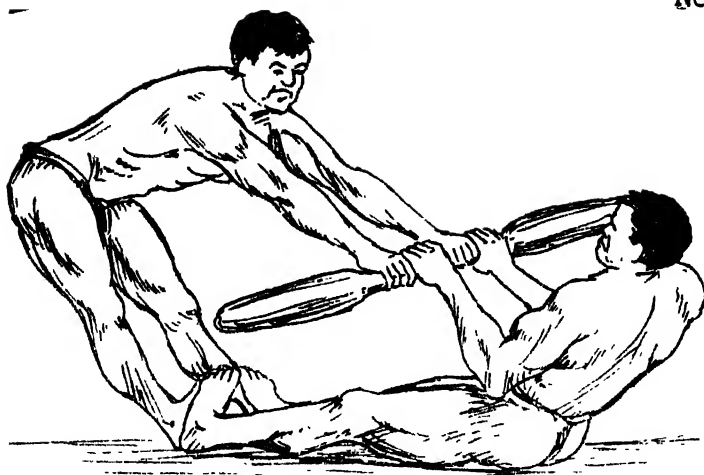
U Khasi mynshwa u ju tan ia ki Mawbynna ne ki Mawlyngkniap kiba heh ban shna kut ne shna jingker na ka ka bynta ka jaka shong jong u ne na ka bynta ki mrad ruh. Haba ki teh bad tan ia ki maw kiba heh katno katno ruh, ki ju pundonkam da u jyrmu ne da u tluh. Ka jingtan maw ka long kawei na ki rukom kilanmet jong u Khasi ha ki por mynshwa. Ki briew ruh ki heh ki ksah bha bad kim ju kham ioh pang bieij kumba ngi ia long ha ka juk mynta.

No. B



### **Ka Kilanmet da u synrei :**

Ka ju long ka jingmlen jong u Rang Khasi ban ia biria bad ia tynjuh bor hadien ba ki la ia shongthait na ki kam jam. Ki amgut ki rang ki ju ia tynjuhbor ban khyllie uwei ia uwei pat da kaba tan bad pynieng ia uwei pat da kaba ia bat na u synrei. Uba jop u dei uto uba lah ban pynieng toin ia uwei pat.

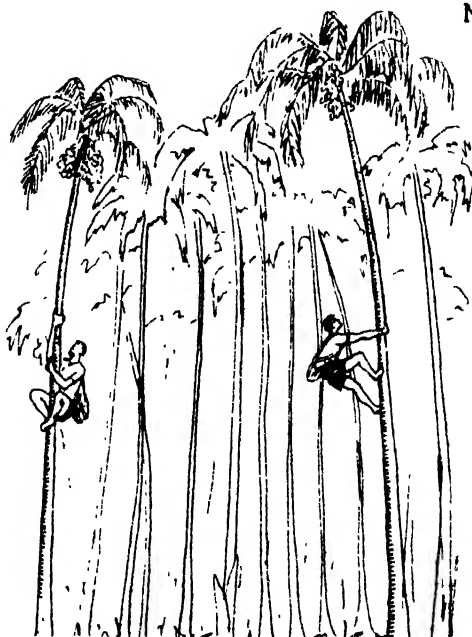


Shong ha madan ki sla kjat jong ki Nongiakop ki fadei lang bad ki bat ia u synrei kumba la pyni ha ka dur.

### **Ka Kilanmet kiew dieng :**

Ha ki thain Ri War pat, ki Rang Khasi ki ju ia kop para maki ban ia kiew diengkwei katba kloi ban pyni ia la ka syp bad ka jingkhlain ka met ka phad. Don lei lei kiba kiew da dien. Bad ha ka por bahiar ruh ki ju pynnoh ia ka khlieh shapoh kumba hiar u Risang.

No. E







## KA MARTIAL ARTS U KHASI MYNTA

1. Ka Mon bajwat haphi ka shong,  
Ban rat i'u thiat naduh diengkhong;  
Kam lah ban pah kam lah ban phon,  
Ba khlain kilan ba don ka mon.
2. Ka Martial Arts U Khasi mynta,  
Ka buit thymmai ban khlain kura;  
Ka ai hikai ban pynpait khra,  
Ban duh ka kiad, kynja, duma.
3. Ka thok shukor kam lah donbor,  
Ki Rangkynsai ba iai takor;  
Man la ka step kim shongkikti,  
Ki kieng atiar bad khyndong-kti.
4. Ki bilor iong baroh ki paït,  
Ka mon bajwat ha ki kam thait;  
Kynjat bymi bad thlieh lyntang,  
Mynta la ka step ki iai-pyrshang.
5. Ka Kilanmet ka lad iada  
Ban ioh ka koit ban jlan karta;  
Baroh ki briew ki sngewtynnad,  
Ban don ka met ka phad khiahkrat.

## BAN KHYNRAW KLOI

1. Ka dei ka por hep ba phin lehkai,  
Ban jem ka met ban khlain syngkai;  
Ban ieng da khlieh ki kjat sha jrong,  
Ban khyntaxraw kloi ban khie-rasong.
2. Jaka ki kjat phi iaid da kti,  
Ban khlain ka met ban ksah tylli;  
Bunsien bunwat phi hap phi ur,  
Pynban phim tieng phi wad jingshlur.
3. Kan poi ka por ko hep ia phi,  
Ban long ki khlur phymai ka Ri;  
Baroh ki brieve kin sa ieid lut,  
Namar phi long bakhuid jingmut.
4. Nalorkata haphi kin shaniah,  
Namar phim dei ki 'riew jaipdeh;  
Ki kam ba eh haphi kin ai,  
Ki tip ia phi phim dei 'riewkai.
5. Ka shnong ka thaw ka shngain ka tngen,  
Tymmen ki kro ki dap jingkmey;  
Tang i ia phi ki i-phuhmat,  
Phi la kynshew ka met khiahkrat.

## JINGPANG JAITUH KA SHONG KULAI

1. Ko hep barit bymneh jingmut,  
Ban khie dang step phi ju leh thut;  
Jingpang jaituh ka shong kulai,  
Ynda rangbah phin pang syngkai.
2. Bunsien bunwat phi ju leh klet,  
Ha dong ha rieh phi tan sikret;  
Ki jingpynshoi ba bun ki wan,  
Ban swai ka met ban duh kilan.
3. Ynda la poi ka por samla,  
Phin ia kynduh jingeh jingma;  
Phim nud ban iaiaid phi tieng ban tur,  
Phim nang iada phim don jingshlur.
4. Ynda la shim kyrdan longkpa,  
Kan long ba eh ba phin kylla;  
Shu kut jingim tang ha khana,  
Mynba dang rit nga ju leh khla.
5. Ka por la ih kumba bam pih,  
Ka kpoh lyngkding ym lah ban khih;  
Tang bakla shong ka met ring kpong,  
Ym kwah ban iaiaid kwah ban shong.
6. Shuki-aram phin shong shaniah,  
Duma dang tan bad shoh samthiah;  
Khun-ieid Khun-thiang kine lyngngai,  
Ki i-leh diaw bad shong khuslai.
7. Kumba ki tip lawei la jong,  
Ba dum tliw tliw bad shong kynrong;  
Bym-koit bym-khiah ba jem wap wap,  
Akher ka sngi hap wad nongrap.

## KA KILANMET PYNEH-RNGIEW

1. U Khun Khasi baroh,  
Jabieng u long ba proh;  
Shipor ia ka duhnoh,  
Ba shet ka kyiad jaboh.
2. Ym dei ruh tang katta,  
Ka smuk, kynja, duma;  
Kine dohnud ki thang,  
Ia man u khun shynrang.
3. Kumjuh ki khun kynthei,  
Dumasla kbum kynrei;  
Khyllung dang buin ki ai,  
Jingpang ki Liah phongrai.
4. Phi ieid shisha lade,  
Phi dei ban leh kane;  
Ba phin kut jingmut noh,  
Ban ieh ki kam jaboh.
5. Jingmlien basniew ki long,  
Ki bym don dor ban ong;  
Ki pynlut kai ka por,  
Pynrwa pisa kordor.
6. Ka Kilan Pyneh-rngiew,  
Katei Longbriew Manbriew;  
Ki rang samla ka khot,  
Ban lait jingswai jingtlot.
7. Kane dei lad iada,  
Ban nang kynjat kura;  
Ia ngi ka dei ka hok,  
Ban lait shukor ka thok.
8. Ki Rang ki Thei samla,  
Kin kieng atiar jingbha;  
Ki long ki Mawhira,  
Eh ka Rngiew jlan ka rta.
9. Ka por kim pynsepei,  
Jabieng ka met ki tei;  
Ka met ka khlain ka ksah,  
Ding ding ki kit ki bah.
10. Ki khlain ki stet mareh,  
Shiphew mer ym lah beh;  
Tylli ki kjat ki kti,  
Kitei, jingkoit ka Ri



## **KA SHARAK KABA THABA**

Nga sngewkmen shibun ba dō ka jingtrei shitom bad jinglenlade jong u Nongsdang uba long ruh u Nongseng ia ka Shillong Gymnastics Institute u Bah Snenglem A Kurbah, u la lah ban pynmih pat mynta sa ia ka Kilanmet U Mawkordor ka jingim Vol-II., bad nga ngeit ba kane ka kot kan long shisha kum U Mawkordor na ka bynta ka jingim jong ki samla ka Ri. Nga ngeit skhem ba kan long U Mawkordor ym tang na ka bynta ki samla, hynrei ka iadei eh ruh bad baroh ki rta jong ka jingim u brieve.

Nga kum u President ka **SHILLONG GYMNASTICS INSTITUTE** nga sngewkmen eh ba kane ka kot ka long kum ka "**SHARAK KA BAN THABA YM TANG HA SOR HYNREI HA MANLA KI KYNDONG BAROH JONG KA RI**". Nga sngewkmen eh ba kane ka kot ka long kum ka Nongbatai khamtam na ka bynta ki khynnah ba wan ban hikai kilanmet ha ka kilan Gymnastics ne Martial Arts. Dei kane ka jingkmn kaba pynlong ia nga ba ngan khmih ba une u Nongsdang jong ngi un nanglah ban pynmih shuh shuh sa kiwei pat ki kot kiba iadei bad ka Kilanmet. Nga ngeit ruh ba kine ki jingpyrshang jong u kin btin lynti ia kiwei pat kiba don kane ka sap.

Jubor M.Dhar

President,  
Dt. Jaiaw St. Joseph's Road,  
Shillong Gymnasstics Institute.  
Shillong.

## **NANGKIEW SHAPHRANG**



Nga u Bah Joe Marwein nga ai khublei ia u Bah S.A.Kurbah uba la trei shi-  
tom ban pynmih sa ia kane ka kot Kilanmet  
U Mawkordor Jingim Vol-2. Nga ngeit ruh  
ba kane ka kot kan hikai ia ki samla Khasi  
jong ngi ba kin long kiba trei shitom met  
bad mynsiem ryngkat ha ka bor jabieng.  
Ka long kaba sngewtynnad ruh ba kane ka  
kot kan hikai ia ki samla jongngi ba kin

lait na ki kam sniew kiba ngi la iohi ha kane ka pyrthei jong ngi  
mynta. Nga ai mynsiem ruh ia une u nongthoh ba un nangtrei shi-  
tom bad pynmih ruh sa shibun ki kot ki ban ialam ia ka jaitbynriew  
jong ngi ka ban nangkiew shaphrang.

Khublei.

Dated 3.12.92

Joe Marwein

General Secretary  
Meghalaya State Alan-Thilak Shito-Ryu Karate  
Association.



## LA JAITYNRIEW BAN KYNTIEW

Lyngha kane ka kot "U MAWKOR-  
DOR KA JINGIM" ki khun samla jong ngi  
kin sa lah ban kheit suk ia U SOH KA  
JINGKOIT JINGKHAH BAD KA JINGIM  
SLEM, kin sa isih lut ia ki kam ba-sniew  
bad ki jingmlen bajakhlia, kum ka jing-  
dih duma, jingbam duma, jingdih kiad,

jingdih drug, jingiakhalai ha iing iap briew bad kiwei kiwei ka jin-  
gleh pynsepei ia ka por. Namar ki Nongkilanmet kim ju kwah ban  
peitmiet ne thiah-miet namar ka khate ia ka karta jong ki. Kumba  
ngi tip ba ka met kaba shait bakhlain, ka bor pyrkhath ruh ka khlain  
'Sound Body sound Mind' kumba ong u Phareng. Kumta haba ngi  
don ia ka bor pyrkhath kaba khlain ngi don ruh ka jingkitkhlieh ia ka  
ling ka Sem i Pa i Mei. Nangta kito kiba la don la ki tnga ki khun pat  
kin sa kitkhlieh ia la ka jong ka iing ka sem jong ki, nangta sa ha  
shnong ha thaw bad ia ka jaitbynriew hi baroh kawei.

Khatduh eh, nga kymen ba ki para Ri kin ia snoh kti lang bad  
ngi, khnang ba ngin lah ban KYNTIEW IA LA KA JAITYNRIEW. Ng  
donbok shibun ba ngi ioh ia une u briew uba la klo i ban pynmih ia  
la ka buit ka bor ban tei ia kane ka Kilanmet ha kane ka Ri baied  
jong ngi.

*"U briew baroh bastad  
Mano ba lah ban len  
La khlem da plie ka lad  
Kumno un lait ban kren" - Soso Tham.*

Khublei

Deven Mawlein (Wahlang)  
Vice President,  
Khasi Martial Arts Institute.

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Ka Kilanmet pynghmgiew u Morkordor Ka jingim





## NGA RUH NGA DON BAN ONG

Haba nga peit bad bishar bniah bha ia ka kilanmet jong ka Khasi Martial Arts Institute, nga sngew dei ban ong ba ka jait-byrniew jong ngi ka la suhthied ban sngewthuh ia ka jingkordor bad ka jing-seisoh jong ka jingkoit lyngba kane ka kilanmet. Nga la long u Nongkilanmet hapoh kane ka KMAI naduh ka 16 tarik

Jymmang 1988 ha kaba ngi la ia don kumba 42 ngut ki Nongkilanmet bad kynthei bad shynrang. I Bah Snenglem i la pyni ha ngi ia ki rukom kilanmet kaba ngam pat phoh sniew bad kiba ngam ilah shuh ban pyrthuh. Kawei na ki rukom kilanmet kiba nga shem jingeh dei ka "Iaid Kti". Kane ka rukom kilanmet ka long kaba eh tasam na ka bynta jong nga hynrei da kaba iai-neh bad da kaba iai-minot mynta nga la lah ban iaid da ki kti ha ka jingjngai kumba 20 phut tam ei ei.

Haba ia nujor ia ka jait byrniew jongngi bad kiwei pat ki jait-byrniew, ngi paw shaikdar ba ngi dang sahdiem ha kane ka liang kilanmet, toi ngi la nangkiew ha ka pule ka dangle bad ha kiwei kiwei ki liang. Kane ka Kilanmet ka long ka atiar ban iada ialade na ka jingpang ba harrukom bad na ki jingpynshoi ki basniew ba bun jait kiba kloit ban pynjot ia ngi ki samla. Naduh ba nga la ioh mad ia ki Kilanmet nga la ioh mad ia u soh ka jingkoit jingkhiah, nalorkata nga da sngew bhabriew bad sngew- phuhmat. Ka kilanmet U Mawkordor ka Jingim u long shisha uba donkam tam na ka bynta ka jingim jong ngi iwei-pa-iwei. Une u Mawlynnai un ym phyrnai khlem da kyrshut. Kumta ruh, U/Ka briew ne ka jaitbyrniew kan ym phymai khlem ka kilanmet kaba man la ka step. U briew uba thrang ban tei ia ka longbriew manbriew ka babha u kloil ban pdiang ia ka Kilanmet.

*Thrang ia kiei kiei kiba bha,  
Kwah ia kiei kiei kiba donburom,  
Mut ia kiei kiei kiba jylliew  
Khngang ba ngin ioh ia ka jingjop.*

18th tarik Nov '92.

Bomick Mawiong  
Mawlai Nongkwar  
Shillong-8.

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Ka Kilanmet pynehmgiew u Morkordor Ka jingim

## **KA KILANMET BYM LAH BAN KLET**



Ka kilanmet ka dei kawei na ki lad ban wanrah ia ka jingkoit jingkhiah ha ka shnong ka thaw jongngi. Ka kilanmet ka wanrah ruh ia ka jingpalei ha ka jingmut jingpyrkhat. Kumba ngi la tip ha ki Ri kiba lah shai ym tang ki khynnah ne ki samla kiba ju kilanmet, hynrei wat u tymmen ruh u iai kilanmet. Kumta ki kiew stet ha kiei kiei baroh. Nga sngew ba ka long kaba

donkam ban pynphriang ia kane ka kot ha kylleng ka Ri Khasi Jain-tia bad khamtam sha ki nongkyndong. Da kaba pynphriang ia kane ka kot ki briew kin sa sngewthuh bad ngin sa iohi ia ka jingkieu shaphrang khamtam eh ki samla, namar kane ka kot ka hikai ban kiar na ki jingsniew bad jingdih pynbuaid ba bun jait bad ban long ki briew kiba Rangbah ka jingmut jingpyrkhat.

Ka long kaba sngewtynnad ba ngi ioh ia une u Rangbah uba lah ban pynmih kum kine ki jait kot bym pat ju kham don koit ha Ri Khasi. Nga kymen skhem ba da kaba pynmih ia kane ka kot kan ai ka jinghikai ia kiba bun ki briew ki bym pat sngewthuh ne tip ia ka jingmyntoi jong ka kilanmet. Nga ai khublei kitbok ia i bah S.A.Kur-bah ba in nanglah ban pynmih shuh shuh ki kot bad ban pynphriang shaduh ki kongdong kynshrot jong ka Ri Khasi jong ngi. Lyngba kane ka jingleh jingkam jong une u Rangbah ngin lait na ki jingshah niewbein ha kiwei pat ki jaitbynriew.

Khublei

Phillip Sten  
Mawlai Nongpathaw  
Shillong-8.



## BAN IADA IA KA RI KA DEI KA HOK JONG NGI

Ka Kilanmet ka long kaba donkam shibun khamtam ha kane ka juk kaba mynta. Ka Kilanmet ka ai ia ka jingkoit jingkhiah bad ka pyllait ruh na ki jingpang ba bun jait. Bad dei ruh tang lyngba ka kilanmet ba ngi sa lait na bun ki jingsniew jong ka juk mynta; kum ka jingdih duma, kynja drug, jingdihbuaid bad kiwei kiwei, Namar nga tipshai ba ka kilanmet ka pynkhlain ia ka met ka phad ruh ia ka pyrkhat pyrdain.

Nga la donbok ban ia kynduh ia i Bah Snenglem iba la hikai ia nga ban kilanmet ha ka rukom kaba dei bad kaba paka. Nga la pule ia u Mawkordor ka jingim Vol-1 ha kaba la batai kumno ban nang ban kilanmet bha ialade. Mynta pat i la pynmih sa ia uwei pat u Mawkodor ka jingim "Ka Kilanmet Pyneh-rngiew" ha kaba la batai kumno ngi dei ban nang ban iada ialade. Lada ngi kwah ban iada ia ka Ri na bun ki jingsniew, ngi dei ban nang shwa ban iada ialade. Kumno ngin nang ban iada ia ka Ri bad ka jaitbynriew lada ngim nang shwa ban iada ialade? Bad kumno ruh ngin nang ban iei ia ka Ri lada ngim nang ban iei shwa ialade?

Ngam lah khlem da ai ka bok ka rwiang ia une u nongthoh uba la sei madan ia la ka jong ka sap ban pynsngewthuh ia ka jing-myntoi ka Kilanmet kaba donkam shibun ia ka lmlang ka Sahlang bad kaba kyntiew ia ka jaitbynriew. Hapoh kane ka Skul Kilanmet ngi ia long **SHIPARA** bad ngim ju lehklet iwei ia iwei pat ne khein nongwei para mangi. Te ka dei ka kamram jong ngi ban nang-pyniar ia kane ka **KILANMET** na ka por sha ka por.

Khublei

Dt. December, 1993.

Fullmoon Tongper  
General Secretary,  
Khasi Body Builders Association (KBBA)

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Ka Kilanmet pynehrgiew u Morkordor Ka jingim

## NGA ONG IA KA JINGSHISHA



Naduh ba nga la ioh lad bad kilanmet ha ka **KHASI MARTIAL ARTS INSTITUTE** nga kwah ban pynpaw ia ka jingsngew jong nga kum u wei na ki nongkilanmet hapoh kane ka Institute kaba donkam ban pyniar bad ban pynheh shuh. Naduh ba nga la long u Nongkilanmet hapoh ka **KMAI** nga lait na shibun ki jingsniew kum na ki Drugs, Kiad kiwei kiwei. Nga ioh ka met kaba shait bad khlain bad ka jingniut jingpyrkhat ruh ka long palei. Namar ka jingkoit jingkhiah ka long kaei kaei kaba donkam tam ia u briew. U briew u lah ban long uba riewspah, hynrei khlem ka jingkoit jhingkhih u long uba swai bad da dap da ka jingklusai.

Nga hi nga sngew ba ngam lah ban jer lut ia ki jingmyntoi ba nga ioh lyngba kane ka Institute jong phi. Wat la mynta ka dang dei tang ka trep, hynrei kan poi ka por ba kan sa ieng da ka ling Paki Dulan. Nga kitbok kitrwiang ban kan nangiaid shaphrang.

Khublei shibun

Tarik 18th Nov, 1992

Bolkan Rynjah  
Mawlai Mawdatbaki  
Shillong-8.

## NGA SNGEWMEN



Nga sngewkmen shibun eh ban long ka Nongkilanmet hapoh ka Khasi Martial Arts Institute ha ka 28/9/92 Nga la ioh ki jinghikai kumno ban ioh ia ka koit ka khiah ha ka jingim ba kordor jong nga. Nga la ioh ruh ki jingsneng bad ki jinghikai ba kumno ban pynkiar ialade na u duma ne wat na ka tдем sikret kiba long ki daw thaw jingpang ia ka met ka phad jong ngi. Nga kitbok kitrwiang ba ka **KMAI** kam nangkiew irat, nga kyrmen ruh ba kane ka kot kan long ka jinghikai ia kiba bun ki samla shynrang bad ia ki kyrthei ruh kumjuh.

Tarik 31.8.93.

Ms Apsara Diengdoh  
B.Com  
Mawlai Phudmawri.



## **KA JINGDONKAM JONG KA KILANMET**

Ka don ka jingong ba "KA JING. MUT JINGPYRKHAT KABA PROH KA TU SHONG HA KA MET KA PHAD KABA KOIT BAKHIAH". Kane ka pynshisha ba kumno ki khynnah kilanmet kiba long ka Lawei jong ka Imlang ka Sahlang bad jong ka Jaitbynriew ki dei kumno ban leh ban ioh ia koit ka khiah? Ka jubab kaba jem ka long "Ban iai-pynkilanmet ialade".

Ka kilanmet ka long ka jingpynmlien ban pynwandur bha ia ka met ka phad. Kane ka kilanmet ka kham dei eh bad ki samla shynrang ne kynthei kiba dangkhie. Kane ka kam kaba dei ban hikai hi halade. Ka iarap ban tei ia la ka long ryngnieng la jong, ka hikai ban long kiba beit bad kiba khuid ha ka jingmut jingpyrkhat. Kane ka wanrah ia ka jingiadei ba jam tam jong ka pyrkhat pyrdain bad ka met ka phad, ka pynlong ruh ia u/ka briew ban long kiba iadei jingmut ha ka imlang ka sahleng. Ka hikai ruh ia ki Nongialehkai ban long kiba pyrkhang bad kiba tista, kiba raikut, kiba husiar bad kiba iaishah ban ioh ia ka thong wat lada bun ki diengpynkiang. Ka hikai ruh kumno ban long ki Nongialam, namar kumba ngi la iohi bad tip kumno ba ki 'riew-khraw jong ka pyrthei kiba paw bha ki dei ruh kiba khraw ka jingieid ia ka kilanmet.

Kumba ngi la iohi ba ka Ri India baroh kawei, khamtam lei lei ka jylla Meghalaya jong ngi ki dang ia sahdien ha ka liang ka sport bad ki jinghikai kilanmet namar ba bun eh ki daw. Kumta khnang ban rat diengkhong ia kine ki jingeh, ka la dei ban rung noh ha ki Skul bad ki Skul-heh khnang ban pynlong ia ka jaitbynriew kaba riwspah ha ka bor met bad ka bor jabieng.

Ms. Lucy M. Malngiang  
Jaiaw Landsonalame,  
Shillong-2.



## BAN PYNKYNMAW IA KABA LA PAW

Shikyntien, ngam lah khlem da pyn-paw ei ei halor ka kot **"KA KITLANMET U MAWKORDOR KA JINGIM"** ba la pynmih da i Bah S.A.Kurbah. Shisien peit ka long shisha ka kot kaba donkam bad ai jing-myntoi shibun eh khamtam ia ngi ki samla

ha kane ka juk mynta. Kum ka jaitbynriew ba dang sahdien ba dang dei ban ksaid tynggeh ban kiew shaphrang ha ki liang baroh, ngi donkam shisha ia kane ka kot **"U Mawkordor ka Jingim"** ban tei ia ka jingmut jingpyrkhat bad ia ka met ka phad jong ngi ki samla kiba ia kynduh bun ki rai-eh rai-dam. Kumta ka Kilanmet (Physical Education) ka long ka subject kaba donkam kyrkieh ba ngin shim noh ia ka halade kum ka jingkyrkhu kyrdoh ym tang ia ngi shimet hynrei ia ka jaitbynriew hi baroh kawei. Nga sngew dei ban ai myn-siem bad kitbok kitrwiang ia kane ka jingmait lynti jong u Nongthoh bad u Nongpynkilanmet uba la pyrshang ban pynshlur ia ki sap jingialehkai bapher bapher jong **U KHASI** bad ngim shym la duna ha ka jingbit ha kane ka liang.

Khatduh eh nga ai ka jingkular ia kito baroh kiba ioh bad pule ia kane ka kot **"KA KILANMET U MAWKORDOR KA JINGIM"** ba kin ioh myntoi shibun da kaba pynleit jingmut bad ban pyrshang ban kheit ia utei **'U SOH MAWLYNNAI'** uba la thoh bad pyni shaikdar iaphi baroh.

Tarik 18th Nov, 1992

Chaibiang A.Shylla  
Mawlai Nongkwar,  
Shillong-8.

## U DEI SHISHA U MAWKORDOR



Ka kot U Mawkordor ka Jingim ka long kawei na ki kot Khasi kaba lah bam pynrung ha ki Skul na ka bynta ban pynrai ia ka jingnang jingtip jong Ka kilanmet bad ka lad jingkoit jingkhiah. Nadeh ba nga la long u Nongkilammet hapoh ka Khasi Martial Arts Institute, ka met jong nga ka khlain ka khiahkrat bha, nga da smat da sting bad nga bam ruh shibun shibun.

Lyngba kane ka kilanmet ban iada ialade nga la ioh ki jinghikai ba lait na ki jingsniew, ban nang ban iada ialade na ki jingma bad ki jingshah lehjot bym shong hok kum ha ki riew runar. Kham bunsien hi ki kynthai jong ngi ki ju shang kylleng kylleng ban trei ban ktah ne ban leit iew leit hat bad ki ju ia kynduh bun ki jingeh bad ki jingshah lehjot. Nga kyntu ia ki para samla ban kiar na ki jingdih duma ne bam duma bad na ki jingthiah miet than ne peit-miet. Namar kine ki jingsniew ki khate ia ka karta kumba ong u Nongthoh. Nga ai khublei ia u Nongthoh uba la trei shitom ban ai jinghikai kilanment ia ngi bad step bad miet bad ki jingthoh ki kren bad ki iahap bad ki jingrtrei jong u .

Khublei,

Uba burom iaphi,

(Batskhem Dkhar)  
Mawlai Nongmali-3  
Shillong - 793008





## SNGAP NGAN IATHUH

Nga kum uwei na ki Nongkilanmet jong ka Khasi Martial Arts Institute nga dap da ka jingkmien bad jingsngewtynnad ka ba khraw ba nga la ioh lad ban pdiang halade ia kane ka Kilanmet ban iada ialade na ki jingpang, jingma, jingpyn-sepei ia ka por. Nga dap da ka jingsngewnguh ka ba khraw ia i Bah Snenglem Kurbah iba la plie ia ngi ia kane ka lynti ban kyntiew ia ka Jingkoit jingkhiah ha kane ka Ri Khasi Jaintia jong ngi. Kane ka kot **"U MAWKORDOR KA JINGIM THUP BA-AR"** kaba batai shaphang kumno ban nang ban Kilanmet ban iada ialade ka dei ka thup kaba donkam eh na ka bynta jong ngi uwei-pa-uwei u khun shynrang ba ngin ia puson bniah bad ban ia pynkilan ialade. Kane ka kot ka nang-ai mynsiem bad ai-buit ia ngi ban ngam jylliew bad ban nangpynkha shuh shuh ia ki buit bad ki sap ki phong na kawei ka por sha kawei pat ka por. Lyngba kane ka Kilanmet ngin sa long kiba smat basting, ki ba-nang bastad, kiba tip briew tipblei, kiba shynrang mynsiem bad kiba ieid ia la ka jong ka Ri.

11 tarik November, 1992.

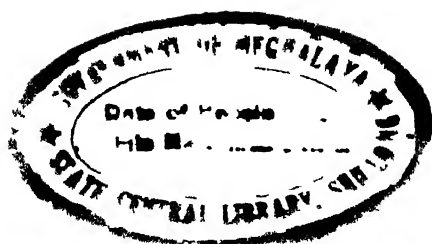
Wansynshar Diengdoh  
Mawlai Phudmuri, Shillong-8











**KA KILANMET**

**U MAWKORDOR KA JINGIM  
(Vol. I)**

**KA KILANMET  
PYNEHRNGIEW**

**U MAWKORDOR KA JINGIM  
(Vol. II)**

**DA  
U SNENGLEM A. KURBAH**

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